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The beauty of living well.

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To obtain warranty service on your HoMedics product, mail the product and your dated sales receipt (as proof of purchase), postpaid, (no COD's will be accepted) to the following address:

Pharmaline,
Protec Park, CRN Tembisa and Oranjerivier Rd.,
Terenure Ext. Kempton Park, Johannesburg, South Africa
Tel: +27 11 3936027 Fax: +27 11 3932560.

For more information regarding our product line in South Africa, please visit: www.pharmaline.co.za

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IB-SC400AZA

HOMEDICS®
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Instruction Manual
Electronic Digital Scale

Prior to Use
Pull out the insulation strip from the battery compartment. This can be done without opening the battery compartment.

General Operation
1. Set "LB/KG" switch to either pounds or kilograms. The LB/KG switch is located on the back of the scale.
2. Place scale on flat, hard surface. Carpeted or uneven floors may affect accuracy.
3. Lightly step on the scale ("0.0" will flash) and step off. This process insures the scale is set and now ready for use. Do this whenever scale is moved. At all other times step straight onto the scale.
4. Stand on the scale and remain as still as possible. When the weight stabilizes, the weight will be displayed.
5. The weight will remain displayed while the user stands on the scale.

Note: *Special Displays*

Err1	Unstable weight; begin again
Err2	Overload; remove weight immediately
Lo	Battery failure; replace with 2 new lithium batteries

Battery Information
Your scale has 2 lithium batteries installed that will provide a long life of operation when used in a typical household. Under heavy usage the batteries may eventually need to be replaced.

Low Battery

Your scale is equipped with a low battery indicator. It will display "Lo" when it is time to replace the batteries. Replace the batteries when "Lo" is displayed or readings grow dim or become irregular.

Battery Replacement

1. Use 2, 3 volt CR 2032 lithium batteries only (installed).
2. Open battery compartment on bottom of scale by pushing tab in direction of "open" arrow and lifting up hinged lip.
3. Remove old batteries from compartment.
4. Place the new batteries into battery compartment with "+" sign up.
5. Push down on lid until it clicks shut.

Trouble Shooting

In Case of Difficulty...

1. Place your feet in the same position every time you weigh yourself.
2. Weigh yourself without clothing whenever possible. Clothes can vary in weight.
3. For the most consistent readings, weigh yourself at the same time of day.
4. Allow for weight fluctuations due to food or drink in your system.
5. Move scale to a location where it won't be bumped. If your scale is bumped while being activated or while in use, an inaccurate reading may occur.

Precautions

1. Clean exposed parts with a soft, slightly damp cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays. Do not attempt to lubricate or open scale casing, other than the battery compartment as this will void your warranty.
2. Although your scale is designed to be maintenance-free, it contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
3. This scale is designed to read weights between 25 and 350 lbs. or 12 and 160 kgs. To prevent damage, do not place more than 350 lbs. or 160 kgs. on it.
4. Do not store scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store scale on its side.
5. This scale is an extremely sensitive weighing device. In order to prevent run down of the batteries, do not store anything on the scale.

Reaching Target Weight

Maintaining proper weight is essential to healthy living. The Body Mass Index (BMI) is the most widely accepted indicator of weight status according to health professionals. Use the chart below to determine your own BMI by matching your height in the left hand column with your weight in the center. Anyone, male or female, with a BMI of 25 to 29 is considered overweight and a body mass index of 30 or more is considered obese. Remember to eat right and exercise. Always contact your physician before beginning an exercise program.

Body Mass Index

	Body Weight (Kilograms)																
	Healthy Weight						Overweight					Obese					
147	41	44	45	48	50	52	54	56	59	61	63	65	67	69	72	73	76
150	43	45	47	49	52	54	56	58	60	63	65	67	69	72	74	76	78
152	44	46	49	51	54	56	58	60	63	65	67	69	72	74	76	79	81
155	45	48	50	53	55	58	60	62	65	67	69	72	74	77	79	82	84
157	47	49	52	54	57	59	62	64	67	69	72	74	77	79	82	84	87
160	49	51	54	56	59	61	64	66	69	72	74	77	79	82	84	87	89
163	50	53	55	58	61	63	66	68	71	74	77	79	82	84	87	89	93
165	52	54	57	60	63	65	68	71	73	76	79	82	84	87	90	93	95
168	54	56	59	62	64	67	70	73	76	78	81	84	87	90	93	95	98
170	55	58	61	63	66	69	72	75	78	81	84	87	90	93	96	98	101
173	57	59	63	65	68	72	74	78	80	83	86	89	92	95	98	101	104
175	58	61	64	68	70	73	77	80	83	86	89	92	95	98	101	104	107
178	60	63	66	69	73	76	79	82	85	88	92	95	98	101	104	107	110
180	62	65	68	71	75	78	81	84	88	91	94	98	101	104	107	110	113
183	63	67	70	73	77	80	83	87	90	93	97	100	103	107	110	113	117
185	65	68	72	75	79	83	86	89	93	96	99	103	107	110	113	117	120
188	67	70	74	78	81	84	88	92	95	99	102	106	109	113	116	120	123
191	69	73	76	80	83	87	91	94	98	102	105	109	112	116	120	123	127
193	71	74	78	82	86	89	93	97	100	104	108	112	115	119	123	127	130
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

Height (cm)

BMI

NOTE: BMI has some limitations: It can overestimate body fat in people who are very muscular, and it can underestimate body fat in people who have lost muscle mass, such as the elderly.